



Spinach Dip

This creamy and flavorful spinach dip will be a family favorite! It consists of only 4 ingredients. We enjoy serving ours with any keto cracker or pork rinds.

Recipe:

3/4 Cup Mayo

3/4 Cup Sour Cream

1/2 Packet of Ranch Seasoning

1 9oz Bag of Spinach

Mix all of your ingredients together, until well blended.

Ready to enjoy right away or let it cool in the refrigerator for an hour.



Serving Size 6

Macros: Calories: 238 Fat: 24, Carbs: 3g, Fiber: 0g, Protein: 5g

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